

12 DON'TS

What Not to Do With Children When Your Relationship is Undergoing Stress

Purpose of this Newsletter

The purpose of this newsletter is to provide easy to use tips to help parents and guardians when the relationship with their spouse/partner is under stress. PACE Group has been counseling clients on family/domestic matters for nearly 10 years. Clearly, nothing can replace to specialized advice of legal counsel that is familiar with the particulars of your situation. However, the following tips may be a great place to start. Should you believe that more specialized advice is needed, do not hesitate to contact us.

The Most Important Question:

Q: Am I acting in the best interest of my children?

Commentary: this is the most important question. You should be asking this question of yourself and those around you constantly.

Don't...

1. Don't use the children to obtain information about your partner
2. Don't use the children to obtain leverage in negotiating with your partner

3. Avoid talking to your children about what has been happening
 4. Don't talk poorly about your partner to your children
 5. Don't make your children choose between their parents
 6. Don't use money to curry favor
 7. Don't use money/gifts to "make up" for current problems.
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8. Failure to continue parenting as a unit.

9. Failure to observe and address changes in your children's behavior
10. Failure to take extra time to spend with children
11. Failure to consider separation or divorce as a option that is in the best interest of your family
12. Failure to ask for help when you need it



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Do you need additional help? We are always here to assist.